

State Championship Homework – Positive Affirmation Notes

Wildcard's gymnasts have worked really hard both physically and mentally this season. We have conditioned hard, improved our skills, worked on shaping, and perfected routines. We have practiced mental toughness strategies like visualization, positive self-talk, using focus cards, goal-setting, resilience, and getting into the zone. Now it's time to put it all together at the State meet! We want the gymnasts to feel confident and prepared. Nerves are ok, but only if used to make routines bigger and better! Let's make sure everyone is feeling ready and excited! Please be sure that you have done the Championship Game Plan that was posted on the blog before the last meet.

This week we would like to have each gymnast write a little note to their teammates to get them "pumped up" and positive about State. These notes can just be something simple telling about a quality that is admirable. (Example, "You have amazing casts!") Or it could be note about how that gymnast is inspiring. (Example, "Thank you for being a leader and always working hard at practices!") Gymnasts can include a picture, poem, favorite quote, little gift, etc.

The notes will be due on Thursday before practice, so that they can be distributed at the team dinner on Thursday. There will be bags in the dance room with each gymnasts name and level on it, so gymnasts can just drop the notes into each bag (like a mailbox for valentines). Please be sure your gymnast makes a note for each member of her level. Level 2s, please turn your notes before the beginning of practice next week Thursday.

****Optional gymnasts:** Your homework will be to make a special card for the assigned gymnasts competing at State. Please see the list below. (Cards need to be at practice by this Thursday.)

Level 2	Level 3	Level 4	Level 6	Level 8
Emily C. Neave Olivia Caelyr Kendra Jennifer Lilly Jo. Claire Sadie Brooklyn Korynne Emma M. Maggie	Essence Vanesa Emma L. Kaylie Rhianna Jordan S. Sarah Aniyah Angela Ayanna Nora L. Mariyah Taylor	Madeline BeckyDee Emily G. Nadia Ella Aaliyah Kerigan Norah T. Ryann Kamryn Maeggan	Sofia – Emily (Lev. 2) & Essence (Lev.3) Hattie –Madeline (Lev.4) & Neave (Lev.2) Ava C. – BeckyDee (Lev.4) & Vanesa (Lev.3) Bradyn – Olivia (Lev.2) & Emma L. (Lev.3) Delaney- Emily (Lev.4) & Caelyr (Lev.2) Lilly Ja. – Kaylie (Lev.3) & Nadia (Lev.4) Izzie- Kendra (Lev. 2) & Rhianna (Lev. 3) Elie- Ella (Lev.4) & Jennifer (Lev.2) Miley- Jordan (Lev. 3) & Aaliyah (Lev.4) Jordan M.- Lilly (Lev.2) & Sarah (Lev.3) Camille- Kerigan (Lev. 4) & Claire (Lev.2) Eden – Aniyah (Lev. 3) & Norah T. (Lev.4)	Rose – Sadie (Lev.2) & Angela (Lev.3) Ava G.- Ryann (Lev.4) & Brooklyn (Lev.2) Bella – Ayanna (Level 3) & Kamryn (Lev.4) Glenna – Korynne (Lev. 2) & Nora L. (Level 4) Anastasia – Maeggan (Lev. 4) & Emma M. (Lev.2) Crystal- Mariyah (Lev.3) & Maggie (Level 2) Ashley – Taylor (Lev. 3)